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WYOMING

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DELTA DENTAL®

Sporting Events This Spring in Wyoming

Whether you are spectator or participant, these events will bring the competitor out in everyone.

April 16, Wyoming Amateur Wrestling Tournament, Casper

April 25 Jackalope 5K, Laramie

May 9-10 11th Annual Snickers Big Horn Soccer Cup, Sheridan

May 16 Color Dash 5K, Gillette

May 21-23 WY State Track and Field, Casper

May 23-25 Wyoming Cup 2015, WY Youth Soccer Championship, Sheridan

June 10-13 Wyoming High School Rodeo State Finals, Douglas

Heads Up to Youth

The Center for Disease Control has put together a free, 30 minute online training, **Heads Up to Youth**, to help parents, coaches, student athletes and teachers learn more about preventing, recognizing and responding to concussions. Find it here:
<http://www.cdc.gov/headsup/youthsports/>

LOL!

Q: What lights up a soccer stadium?

A: A soccer match

Q: Did you hear about the race between the lettuce and the tomato?

A: The lettuce was a "head" and the tomato was trying to "ketchup"!

Time to Renew?

Kid Care CHIP coverage must be renewed every year. If it is your family's time to renew, renew over the phone or with the paper renewal you will receive in the mail.

Call to renew 855-294-2127

Not sure when you renew or do you need to update your address?

E-mail kidcarechip@wyo.gov

Contact Kid Care CHIP

For health and vision benefit

questions call **Blue Cross Blue Shield of Wyoming:**

1-800-209-9720

For dental benefit questions call

Delta Dental of Wyoming:

1-800-735-3379

Other questions? Please e-mail kidcarechip@wyo.gov

Share Your Stories!

We are looking for great families to share their experience with Kid Care CHIP. E-mail your story to kidcarechip@wyo.gov.



Playing it Safe in Spring Sports

Track & field, soccer, tennis and other spring sports have begun.

Each year, more than 3.5 million children, 14 and under, receive medical treatment for sports related injuries (2/3 of these injuries result in a trip to the ER)!

The most common sports afflictions are:

- ★ Sprains
- ★ Muscle strains
- ★ Bone or growth plate injuries
- ★ Repetitive motion injuries
- ★ Heat-related illnesses

Keep your athletes safe and healthy this season with these maneuvers:

- ★ Always get a pre-participation physical before the season from your Kid Care CHIP provider.
- ★ Encourage coaches to get trained in first aid and CPR, if they are not already.
- ★ Stretch before and after practices and games to help prevent injury.
- ★ Always bring water to the game or practice.
- ★ Helmets will reduce the risk of concussion. Helmets should always be worn in football, baseball and other sports with a risk of collision.
- ★ Take at least one "rest day" a week.

Learn more at safekids.org/



Protecting Kids' Teeth on the Field

Help your kids protect their teeth while playing sports this season.

Use a mouth guard: Using a mouth guard can protect your child or teen from painful and expensive tooth loss. Pre-formed mouth guards can be purchased in sporting goods stores, or a customized mouth guard can be made by a pediatric dentist.

Braces: To avoid lacerations, children and teenagers with braces need to wear a mouth guard while playing sports. Do not use a customized mouth guard with braces. Instead, purchase a pre-formed mouth guard.

Avoid Sports Drinks: 62% of teenagers drink one sports drink a day. Sports drinks contain a lot of acid and can erode tooth enamel. Rinse your mouth with water after drinking a sports drink and chew sugarless gum to produce saliva. When possible, choose water instead.

Information courtesy of:
American Dental Association
www.mouthhealthy.org

American Association of Orthodontists
www.braces.org

Delta Dental of Wyoming
www.deltadentalwy.org

Dress Code for the Road

Riding a bike, scooter or skateboard is fun and can be safe with the right protective gear.

The Facts

- ★ On average 630 children are injured daily due to cycle-related crashes.
- ★ More children ages 5 to 14 are seen in emergency room for injuries related to biking than any other sport.
- ★ Non-motorized scooters cause the most injuries of any toy among children 14 and under.

What to Wear

Being prepared with protective gear while riding can save lives and prevent injuries.

- ★ Wearing a helmet will reduce bicycle related fatalities.
- ★ Be bright! Bright colored clothing will increase visibility for vehicles.
- ★ Protective gear can keep kids safe and out of the emergency room.
- Wrist guards reduce injury by 87%
- Elbow pads reduce injury by 82%
- Knee pads reduce injuries by 82%

Information courtesy of SafeKids Wyoming Safekidswyoming.org